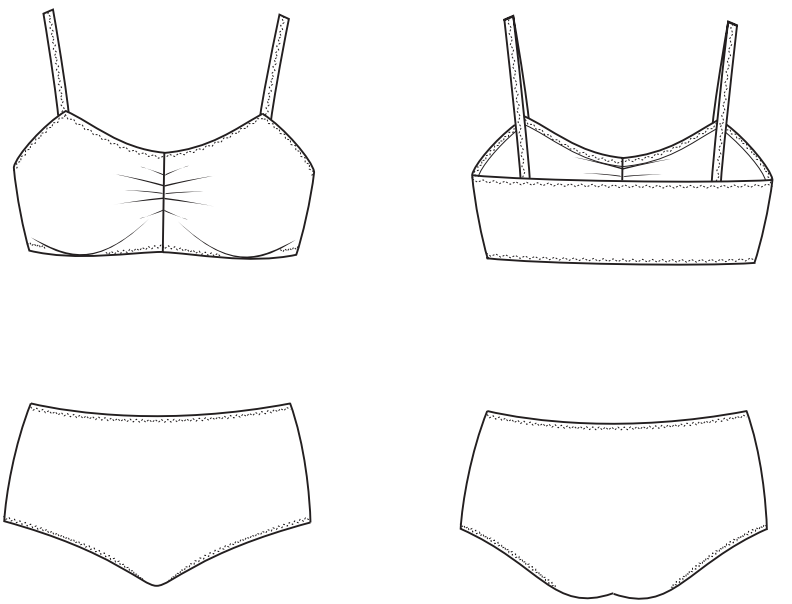
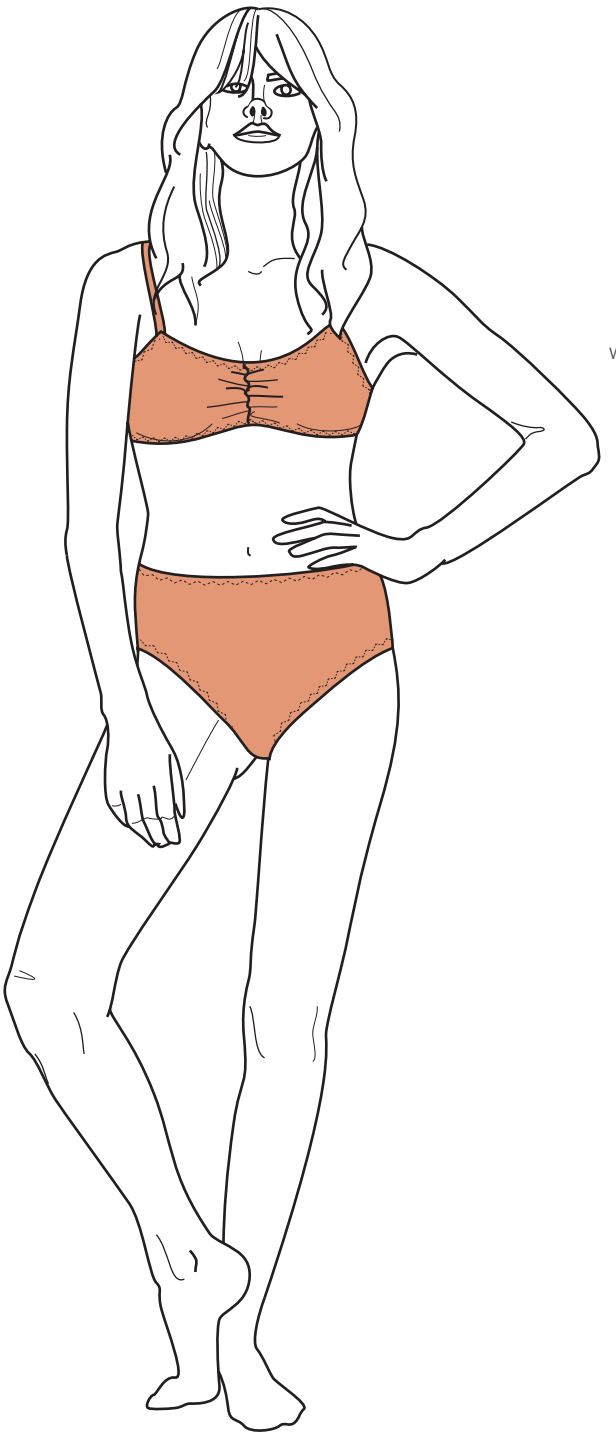


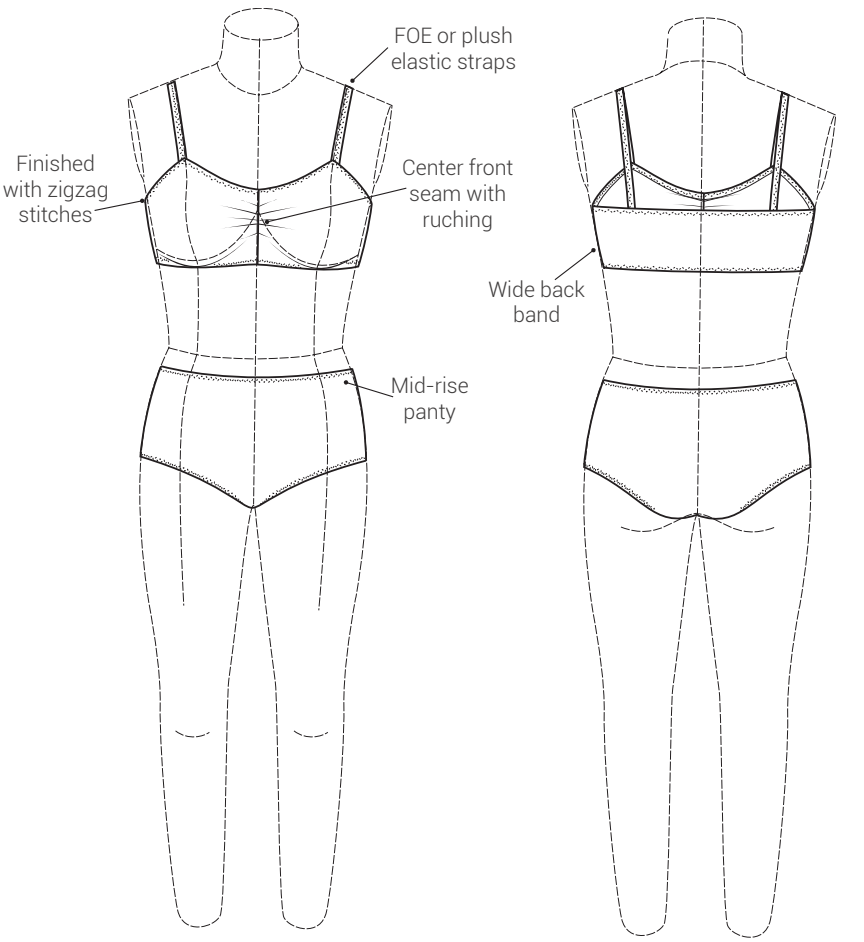
FIT GUIDES

sizes XS - L



About Fit

The *Dana* lounge set has a comfortable, fitted silhouette. Due to using knit fabrics there is negative ease throughout.

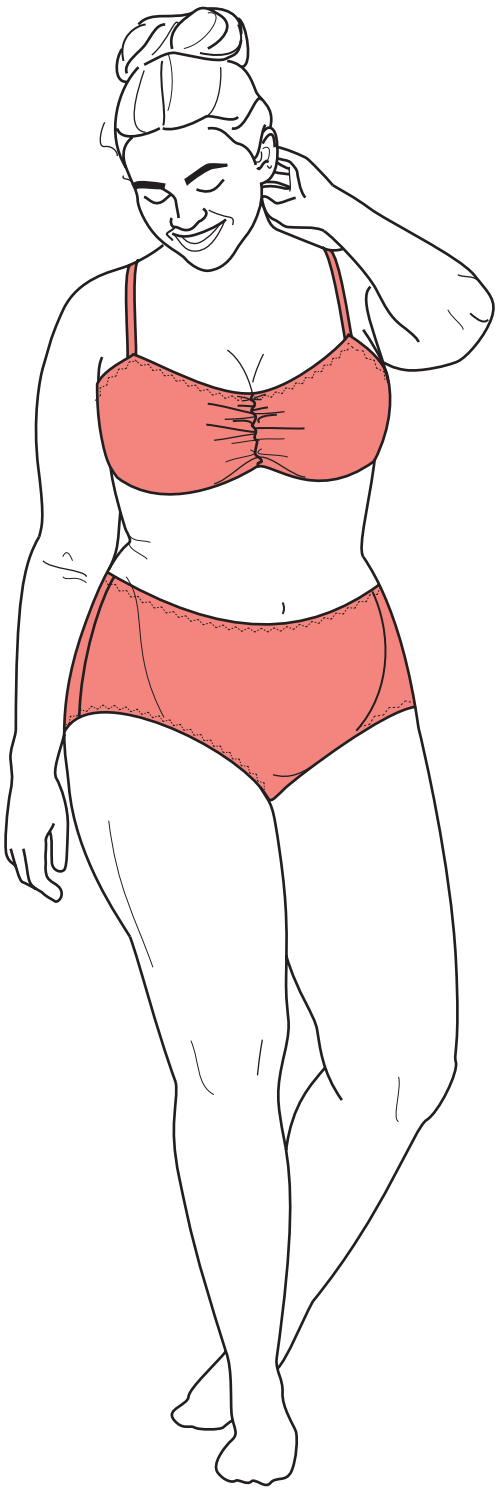


Ease Key

How much ease is in your garment? Compare the finished garment measurements on pages 5 and 6 to your body measurements to determine the amount of ease.

Negative	<0"	<0 cm
Fitted	0 - 3"	0 - 8 cm
Semi - Fitted	4 - 6"	10 - 15.5 cm
Loose Fit	7"	18 cm

sizes XL - 3X



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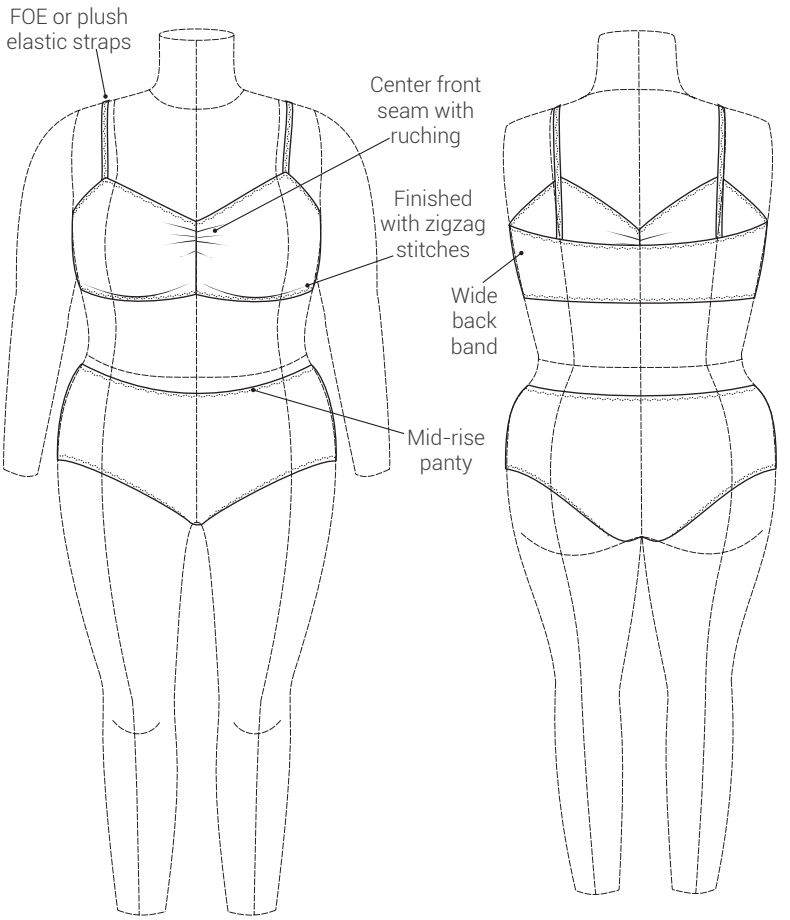

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HELPFUL LINKS

https://www.seamwork.com/issues/2018/01/the-ultimate-guide-to-elastic

https://www.seamwork.com/issues/2016/02/scraptastic-lingerie

https://www.seamwork.com/issues/2015/02/choosing-the-right-lingerie-fabrics

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SUPPLIES

All-purpose polyester sewing thread, ballpoint sewing machine needle, 4 yards of 1/4" (6 mm) braided elastic, 2 yards of 1/2" (13 mm) braided elastic, 1 yard of fold over elastic (FOE) or plush bra strap elastic.

MAIN FABRIC

Lightweight to medium weight knit fabrics with at least 25% 4-way stretch, such as bamboo/soy jersey blends, organic cotton, and rayon.

STRETCH GUIDE

MUST STRETCH HERE

4" OF FABRIC

IMPERIAL

	0 - 2	4 - 6	8 - 10	12 - 14	16 - 18	20 - 22	24 - 26
	XS	S	M	L	XL	2X	3X
BODY MEASUREMENTS (INCHES)							
BUST	33 - 34	35 - 36	37 - 38 1/2	40 - 42	44 - 46	48 - 50	52 - 54
WAIST	25 - 26	27 - 28	29 - 30 1/2	32 - 34	36 - 38	40 - 42	44 - 46
HIP	35 - 36	37 - 38	39 - 40 1/2	42 - 44	46 - 50	52 - 54	56 - 58
FABRIC REQUIRED (YARDS)							
MAIN FABRIC							
45" *	3/4	3/4	1	1	1 1/4	1 1/4	1 1/2
60" *	3/4	3/4	3/4	1	1	1	1 1/4
FINISHED GARMENT (INCHES)							
BUST	28 3/8	30 3/8	32 7/8	36 3/8	39 3/8	43 1/2	47 1/2
PANTY WAIST	24 3/4	26 3/4	29 3/8	32 7/8	35 7/8	39 7/8	43 7/8
PANTY HIP	30 5/8	32 5/8	35 1/4	38 3/4	44 1/4	48 1/4	52 3/8
BRA CB**	3 1/2	3 5/8	3 7/8	4 1/8	6	6 3/8	6 1/2
PANTY CB***	9 7/8	10	10 3/8	10 1/2	12 1/2	12 5/8	13

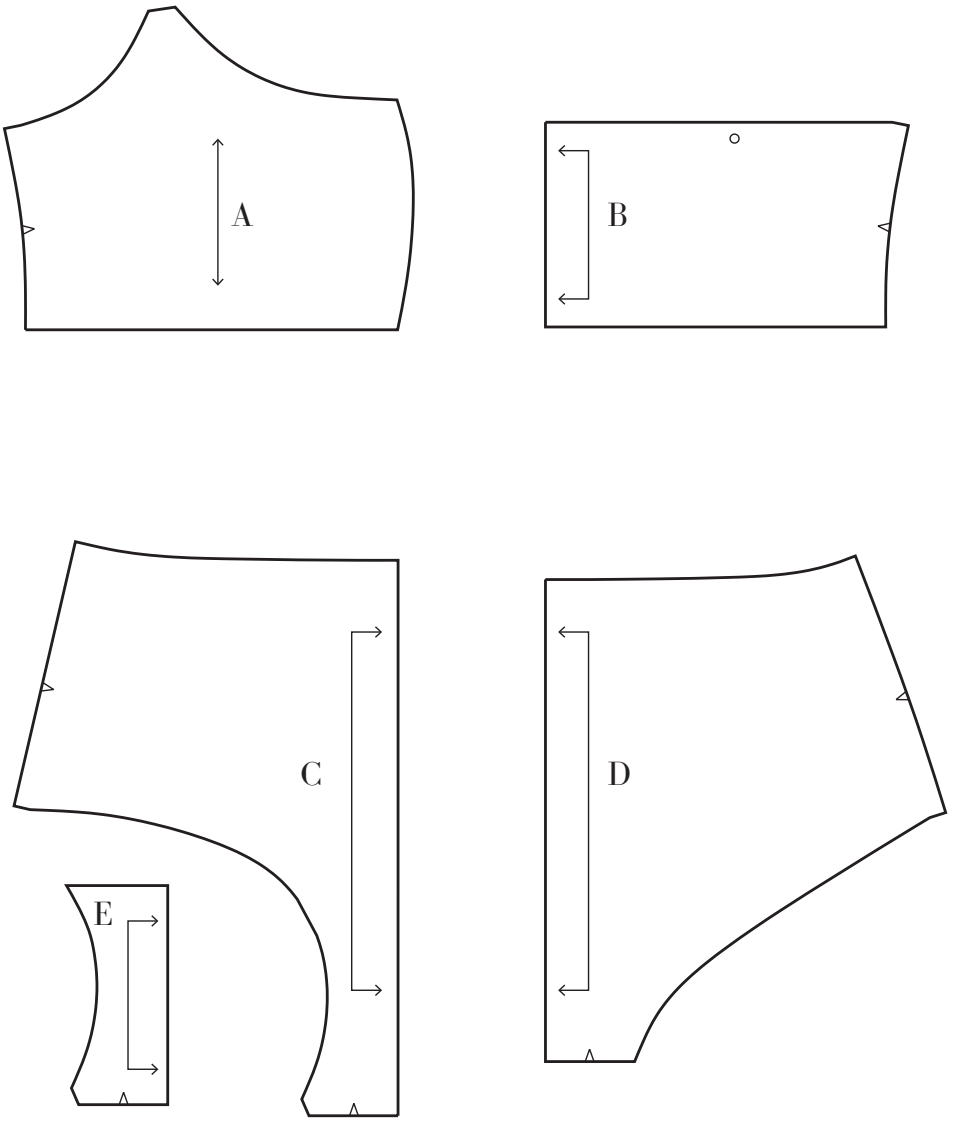
**Pattern layouts are nondirectional. Purchase additional yardage if using napped or printed fabrics.*
***Bra CB (center back) is the width of the bra back center back.*
****Panty CB (center back) is measured from the top of your waist to the crotch.*

METRIC

	0 - 2	4 - 6	8 - 10	12 - 14	16 - 18	20 - 22	24 - 26
	XS	S	M	L	XL	2X	3X
BODY MEASUREMENTS (CENTIMETERS)							
BUST	84 - 86	89 - 91	94 - 98	102 - 107	112 - 117	122 - 127	132 - 137
WAIST	63 - 66	69 - 71	74 - 77	81 - 86	91 - 96	102 - 107	112 - 117
HIP	89 - 91	94 - 97	99 - 103	107 - 112	117 - 127	132 - 137	142 - 147
FABRIC REQUIRED (METERS)							
MAIN FABRIC							
114CM *	.7	.7	.9	.9	1.1	1.1	1.4
152CM *	.7	.7	.7	.9	.9	.9	1.1
FINISHED GARMENT (CENTIMETERS)							
BUST	72	77	83.5	92.5	100	110	120.5
PANTY WAIST	63	68	74.5	83.5	91	101	111.5
PANTY HIP	78	83	89.5	98.5	112.5	122.5	133
BRA CB**	8.5	9.5	10	10.5	15.5	16	16.5
PANTY CB***	25	25.5	26	26.5	31.5	32	32.5

**Pattern layouts are nondirectional. Purchase additional yardage if using napped or printed fabrics.*
***Bra CB (center back) is the width of the bra back center back.*
****Panty CB (center back) is measured from the top of your waist to the crotch.*

PATTERN INVENTORY



A	*bra front*
B	*bra back*
C	*panty front*
D	*panty back*
E	*gusset*

GETTING STARTED

01 **FIND YOUR SIZE.** Use the body measurements charts on pages 5 and 6 to determine your size. If you are between sizes, choose the larger size. It is always a good idea to make a test version first to adjust the fit.

02 **LAY IT OUT.** Lay out the pattern pieces as shown in the cutting layout diagrams. Start by placing the pieces that go along the fold. Then lay out the other pieces, making sure the grainline arrow is parallel to the selvage. (Measure from each end of the arrow to the fold. Position is correct when distances are exactly the same.)

03 **TRANSFER MARKINGS.** Use your marking pen, pencil, or chalk to transfer the markings (such as circles, buttonholes, and fold lines) to the wrong side of the fabric. Mark the center front of pieces cut on the fold, as this will help you to align pieces accurately.

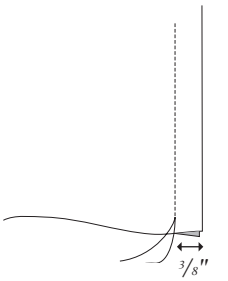
04 **TRACE PIECES.** If you are using fabric shears, trace the outlines of the pattern pieces onto your fabric. If you are using a rotary cutter, skip this step.

05 **CUT FABRIC.** If you are using a rotary cutter, cut out the pattern pieces. If you are using fabric shears, remove the pattern and cut along the outlines you traced, cutting away any pen, pencil, or chalk lines. Remember to cut out any notches that appear on the edges. These markings help line up the pieces when you assemble the garment.

WORKING WITH KNITS

SEAM ALLOWANCES

Seam allowances on this pattern are 3/8". Most commercial patterns use 5/8" seam allowances because they are designed for woven fabrics. When working with knits, however, it is easier to use a narrower seam allowance because it is the standard seam allowance on most domestic overlock machines.



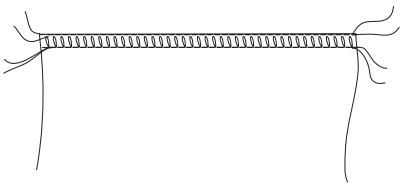
NEEDLES

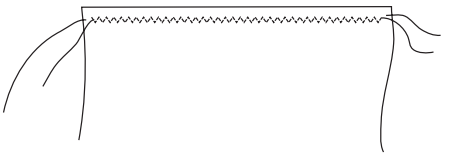
Choose a ballpoint needle (sometimes also labeled a jersey needle) to prevent the fibers of the fabric from being torn.

STITCHING

When sewing with knits, you must use a stitch that stretches with the fabric. In most cases, the straight stitch on your sewing machine will break on knit fabrics.

If you have a serger (also called an overlock machine), sew your seams with an overlock stitch. This stitch provides stretch and finishes the edges at the same time.



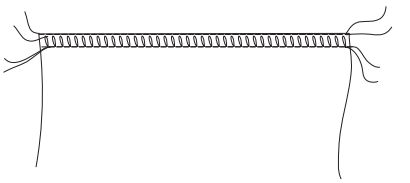


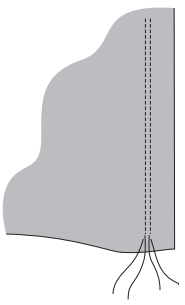
If you don't own a serger, test a scrap piece of the fabric you will be sewing with and choose a narrow to wide zigzag stitch on your sewing machine. The zigzag will provide stretch and prevent the seams from popping. A fabric with a high amount of stretch will require a wider and longer zigzag stitch than a fabric with less stretch.

HEMMING

Most commercial knits are hemmed and finished using a coverstitch machine. If you don't have access to one of these, it's easy to hem using a ballpoint twin needle on a conventional sewing machine.

To finish the raw edge of your hem, use an overlock machine or a conventional sewing machine with a zigzag or other specialty stitch. Many sewing machines have a mock overlock stitch that imitates the finish of an overlock.

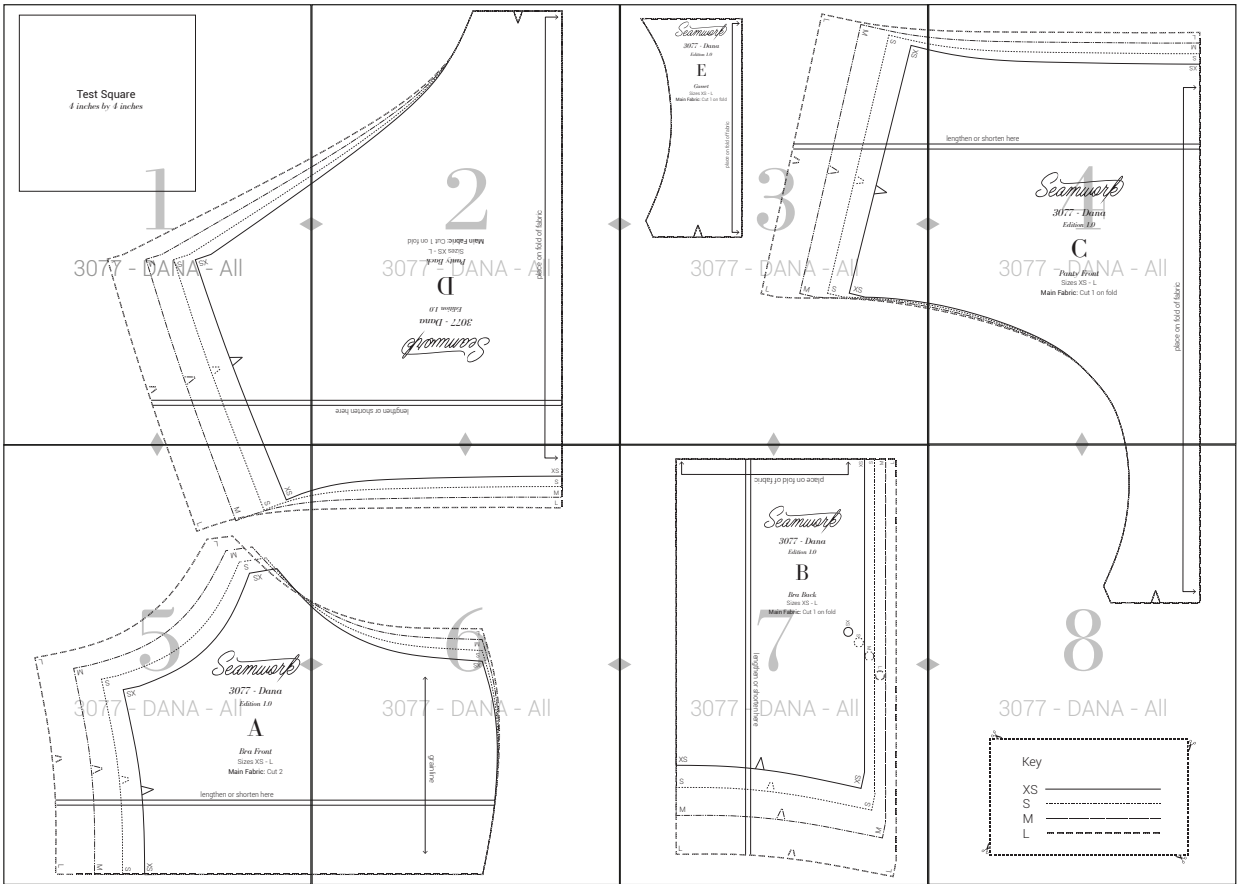




Turn the finished edge of the hem under and straight stitch using a ballpoint twin needle. The two rows of stitching allow stretch and imitate the look and finish of the coverstitch. For more information on the twin needle method, visit *https://www.colettepatterns.com/go/twin-needle*.

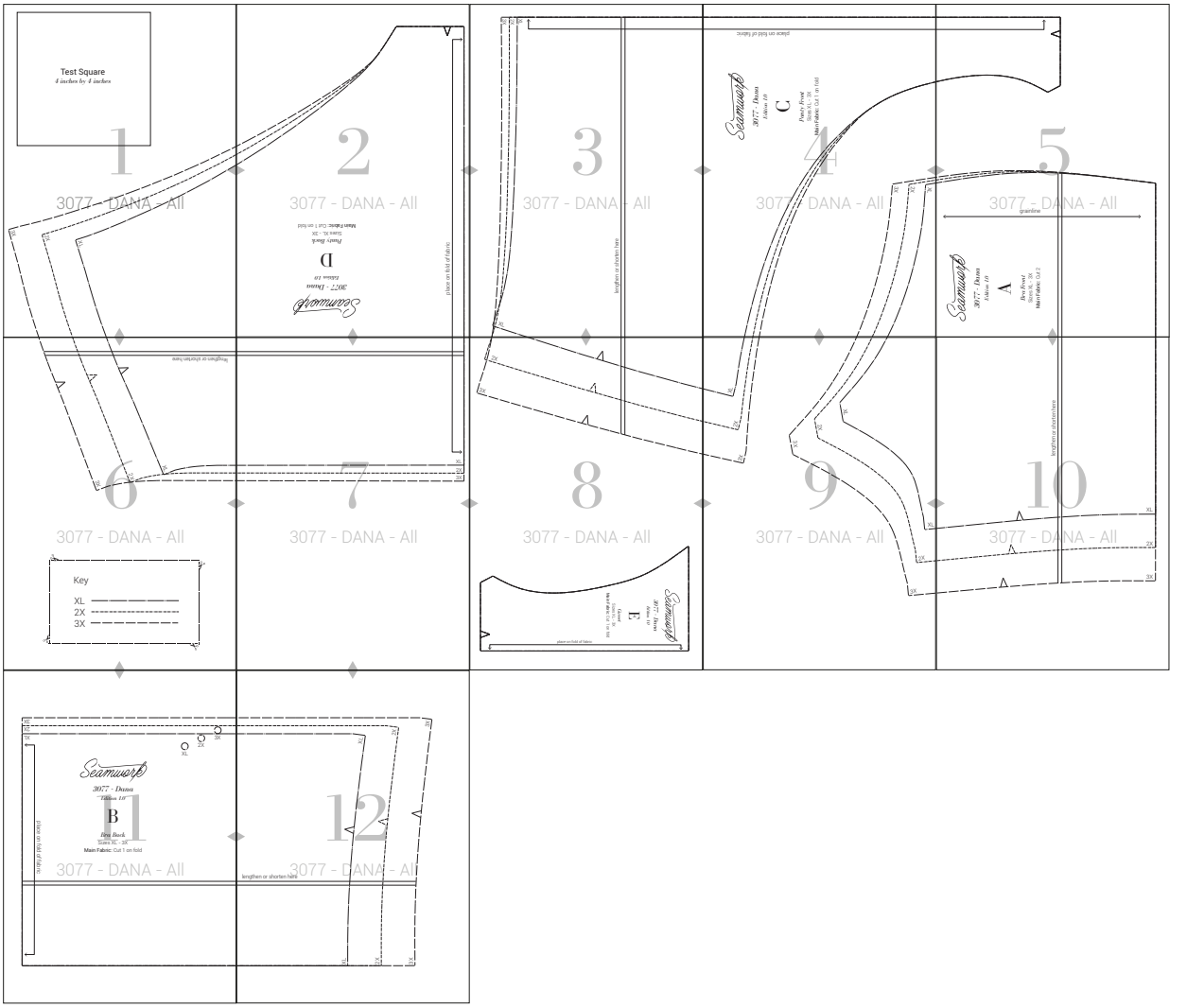
PATTERN ASSEMBLY

XS - L



PATTERN ASSEMBLY

XL - 3X



CUTTING LAYOUTS

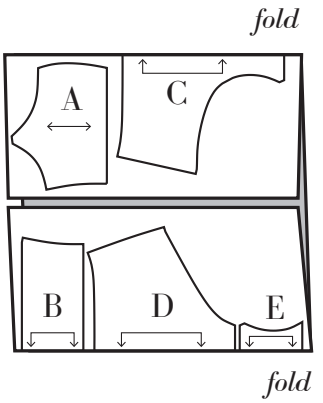
RIGHT SIDE OF FABRIC

WRONG SIDE OF FABRIC

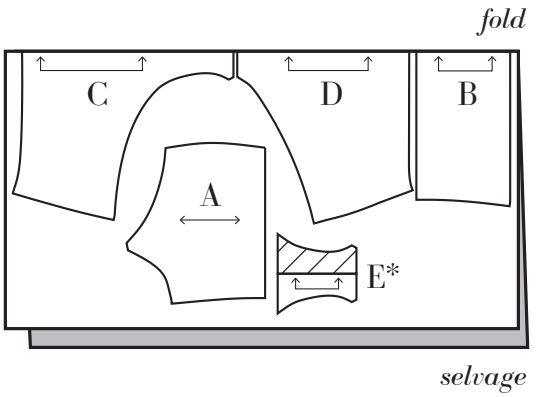
WRONG SIDE OF PATTERN

Seam allowances are included in the pattern. They are a standard 3/8" (10 mm) for all seams, unless otherwise noted in the instructions.

MAIN FABRIC (45") SIZES XS - M



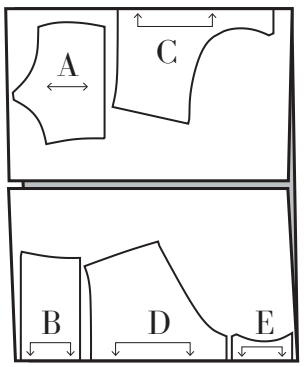
MAIN FABRIC (45") SIZES L - 3X



**CUT ONE ONLY*

MAIN FABRIC (60") SIZES XS - M

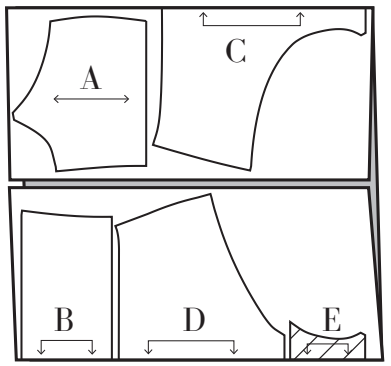
fold



fold

MAIN FABRIC (60") SIZES L - 3X

fold

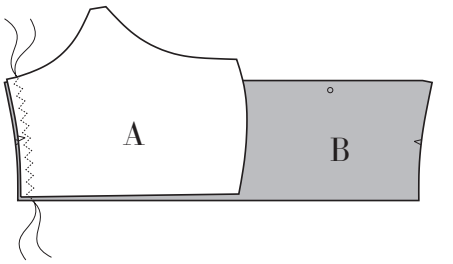


fold

INSTRUCTIONS

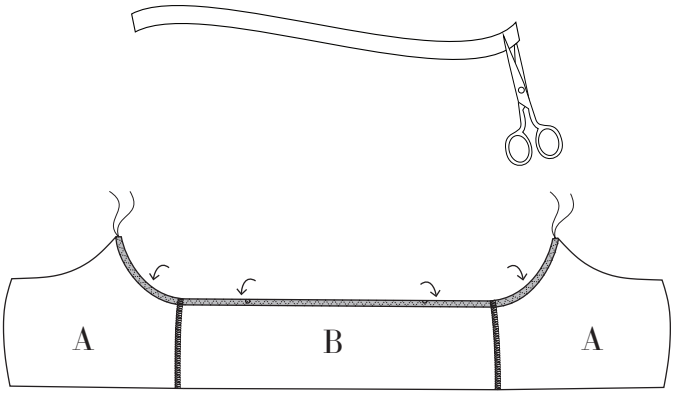
SEW BRA SIDE SEAMS

1. With right sides together and notches aligned, match one **bra front (A)** piece to the **bra back (B)** at one side seam. Pin. Stitch.
2. Finish the seam allowances together and press towards the **bra back (B)**.
3. Repeat steps 1 - 2 for the second **bra front (A)** piece.



FINISH TOP EDGES OF BACK AND SIDES

1. Measure the top edges of the back and sides of the bra. Start at the point on one **bra front (A)** piece, go across the **bra back (B)**, and end at the point on the second **bra front (A)** piece.
2. Cut a strip of 1/4" (6 mm) braided elastic the length of the measurement from step 1.
3. Align the elastic with the wrong side of the top edges measured in step 1. Using a wide zigzag stitch, baste the elastic to the bra, being careful not to stretch the fabric as you sew.
4. Fold the top edges to the wrong side at 3/8" (10 mm), covering the elastic. Press gently. Pin.
5. Stitch the elastic in place, being careful not to stretch the fabric as you sew.



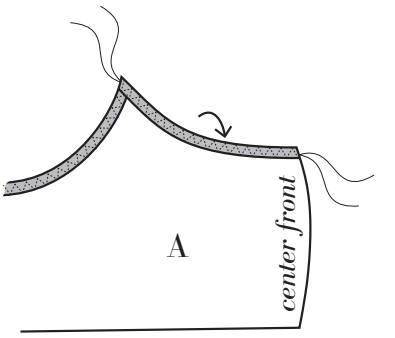
Lingerie Elastic

Learn tips and tricks for sewing with lingerie elastic at:

https://www.colettepattterns.com/go/lingerie-elastic

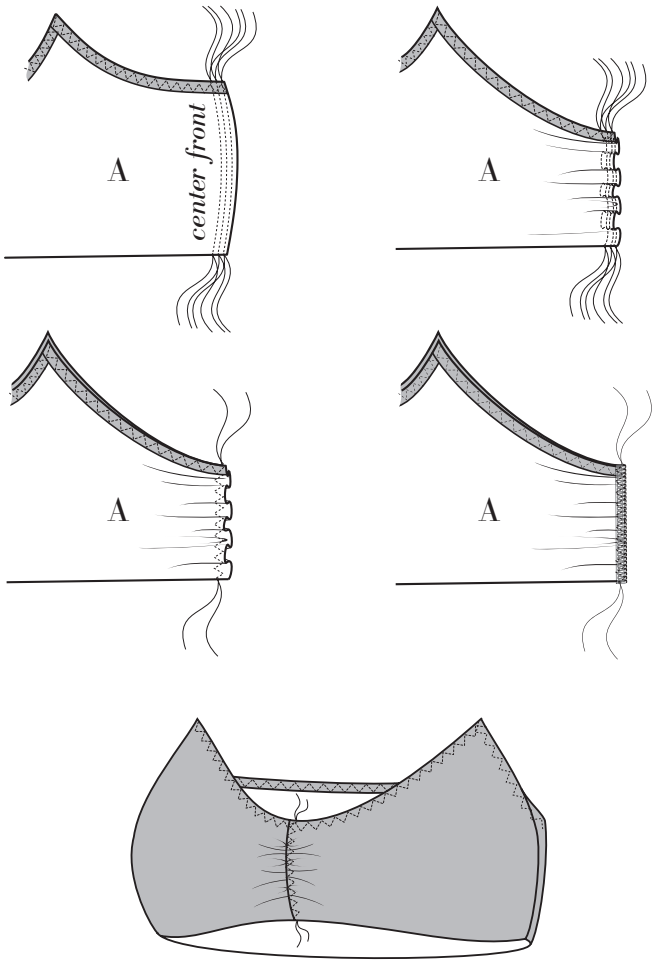
FINISH TOP EDGES OF CENTER FRONT

1. Measure the top edge of one **bra front (A)** piece from the point to center front.
2. Cut a strip of 1/4" (6 mm) braided elastic the length of your measurement from step 1.
3. Align the elastic with the wrong side of the **bra front (A)** top edges measured in step 1. Using a wide zigzag stitch, baste the elastic to the bra, being careful not to stretch the fabric as you sew.
4. Fold the top edges to the wrong side at 3/8" (10 mm), covering the elastic. Press gently. Pin.
5. Stitch the elastic in place, being careful not to stretch the fabric as you sew.
6. Repeat steps 1 - 4 for the second **bra front (A)**.



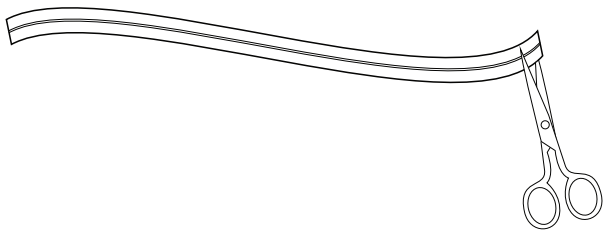
GATHER AND FINISH CENTER FRONT

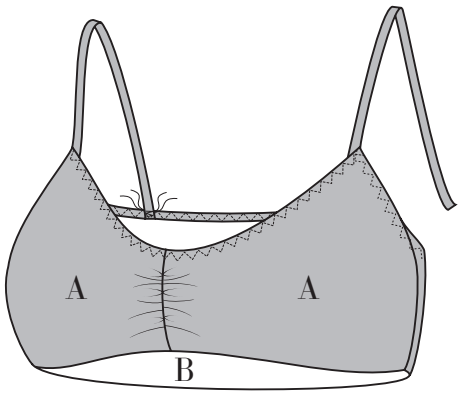
1. Make three rows of gathering stitches along one **bra front (A)** piece along the center front, leaving long thread tails.
2. Pull the thread tails until the length of the gathered center front edge of the bra front (A) piece is 2.5" (6.5 cm) for misses and approximately 3" (7.5 cm) for curvy.
3. Repeat steps 1 - 2 for the second **bra front (A)** piece.
4. With right sides together, match the two **bra front (A)** pieces together along the center front edge. Pin. Stitch.
5. Finish the seam allowances together.
6. Cut a strip of 1/4" (6 mm) braided elastic the length of the gathered center front.
7. Match the elastic to the wrong side of the center front. Pin. Stitch the elastic to the seam allowance using a zigzag stitch. Press gently to one side.
8. On the right side of the **bra front (A)**, using a wide zigzag stitch, topstitch along the center front, catching the seam allowances and elastic underneath.



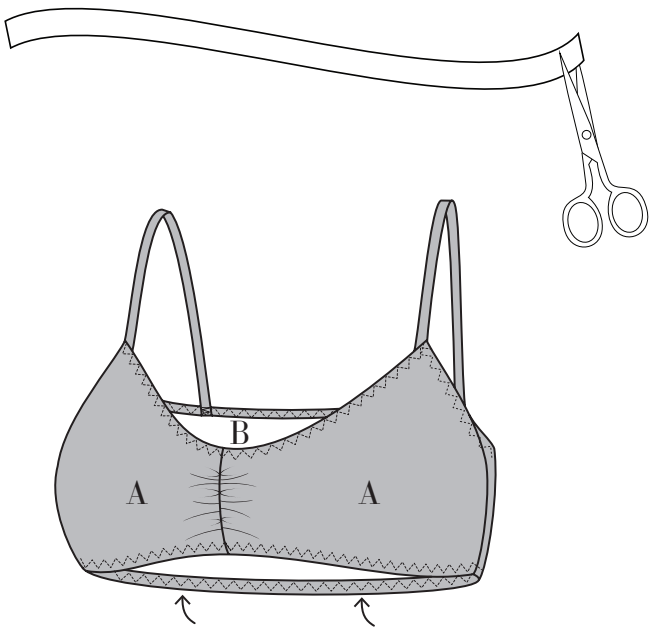
MAKE AND ATTACH STRAPS

1. Cut two strips of fold over elastic (FOE) or plush bra strap elastic the desired length of one finished bra strap plus 1" (2.5 cm).
2. If using FOE, fold one elastic strip in half, along the center fold line. Using a wide zigzag, stitch along the FOE to make a strap. Repeat for the second strip.
3. Match one strip of FOE, or plush bra elastic, to the wrong side of one **bra front (A)** piece at one point. Fold the point to the wrong side to match the width of the strip. Press. Position the short edge of the elastic to be about 1/2" (12 mm) down from the **bra front (A)** point. Pin. Bar-tack in place.
4. Pin the right side of the unsewn, short edge of the elastic strip from step 3 to the wrong side of the **bra back (B)** at the circle. Make sure the elastic is not twisted. Bar-tack in place.
5. Repeat steps 3 - 4 for the remaining strip of elastic.



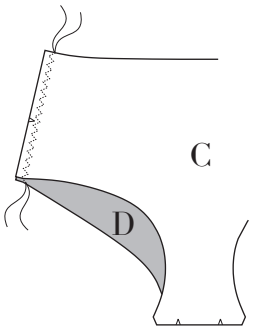


HEM BOTTOM EDGE OF BRA



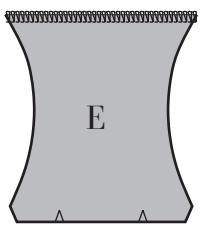
1. Cut a strip of 1/2" (12 mm) braided elastic the total length of the bottom edge of the bra unit minus 1" (2.5 cm).
2. Overlap the short edges of the elastic at 1/2" (12 mm). Pin. Stitch.
3. Fold the bottom edge of the bra unit to the wrong side at 1/2" (12 mm). Press.
4. Place the strip of braided elastic inside the folded hem allowance so that one long edge is flush with the fold line. Using a zigzag stitch (see page 9), stitch the seam allowance in place, making sure to catch the braided elastic underneath.

SEW PANTY SIDE SEAMS



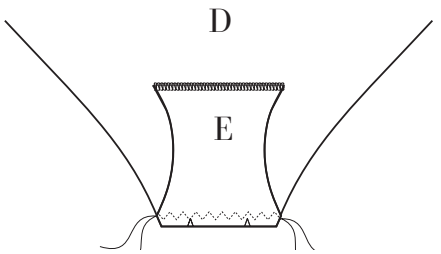
1. With right sides together and notches aligned, match the **panty front (C)** to the **panty back (D)** at one side seam. Pin. Stitch.
2. Finish the seam allowances together and press towards the **panty back (D)**.
3. Repeat steps 1 - 2 for the other side seam.

FINISH GUSSET



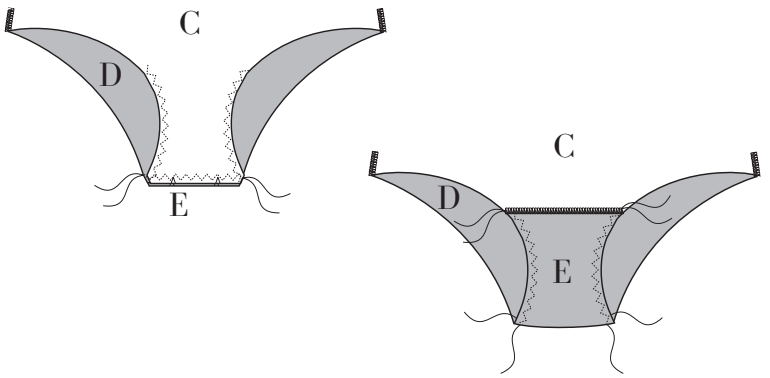
1. Finish the unnotched edge of the **gusset (E)** using a zigzag stitch or serged edge (see page 9).

BASTE GUSSET TO PANTY BACK



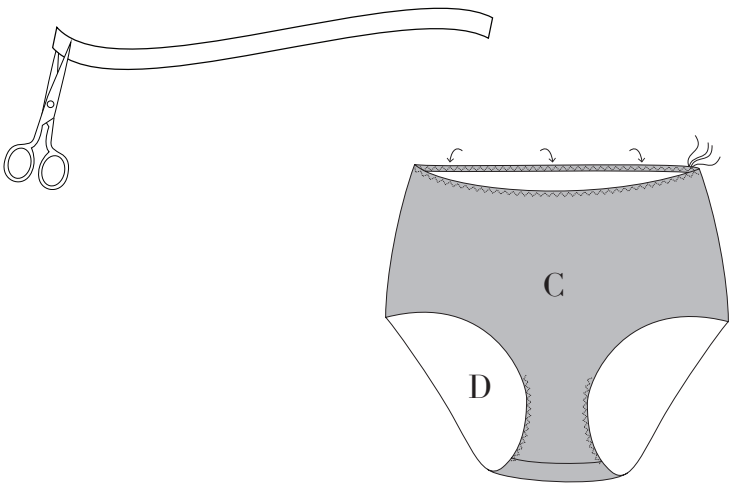
1. Match the right side of the **gusset (E)** to the wrong side of the **panty back (D)** at the crotch seam, aligning notches. Baste.

SEW CROTCH



1. With right sides together and notches aligned, match the **panty front (C)** to the **panty back (D)** at the crotch seam. The **gusset (E)** and **panty front (C)** will sandwich the **panty back (D)**. Pin. Stitch.
2. Finish the seam allowances together.
3. Press the **gusset (E)** and seam allowances towards the **panty front (C)**, covering the seam.
4. With wrong sides together, match the **gusset (E)** and **panty front (C)** crotch along the leg openings. Baste along the leg openings.

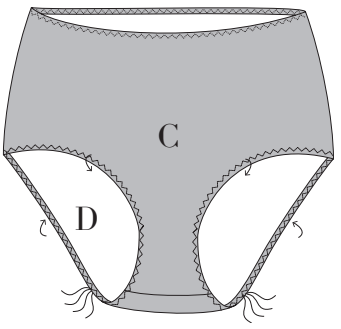
HEM WAIST

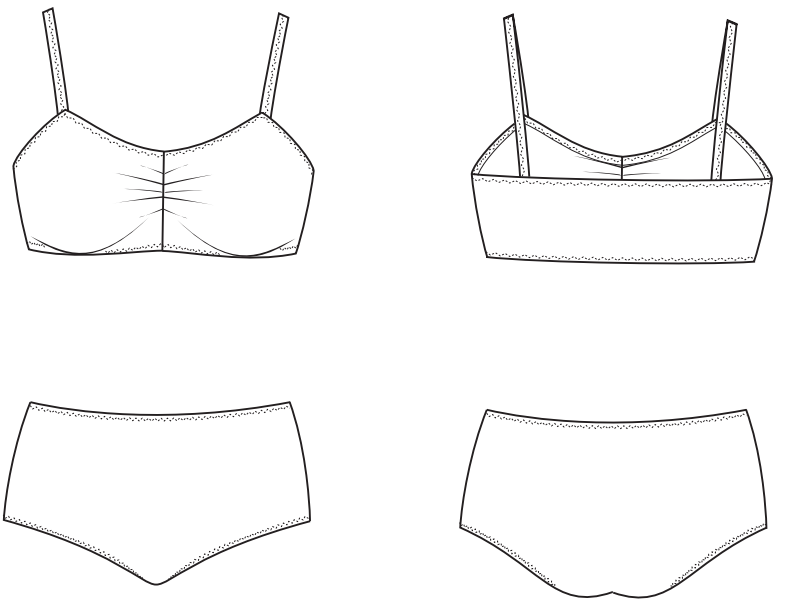


1. Cut a strip of $^{1}/_{4}$" (6 mm) braided elastic the total length of the panty waist minus 1" (2.5 cm).
2. Overlap the short edges of the elastic at $^{1}/_{2}$" (12 mm). Pin. Stitch.
3. Fold the seam allowance of the panty waist unit to the wrong side at $^{3}/_{8}$" (10 mm). Press.
4. Place the strip of braided elastic inside the folded seam allowance so that one long edge is flush with the fold line. Using a zigzag stitch (see page 9), stitch the seam allowance in place, making sure to catch the braided elastic underneath.

HEM LEG OPENINGS

1. Fold the seam allowance of one leg opening to the wrong side at $^{3}/_{8}$" (10 mm). Press.
2. Using a zigzag stitch (see page 9), finish the leg opening.
3. Remove any visible basting stitches.
4. Repeat steps 1 - 2 for the other leg opening.





GLOSSARY

BASTE Long stitches done by hand or machine that temporarily hold fabric in place before sewing. They are removed once the final seam is in place.

CLIP To help flatten a curved seam, snip at even intervals along the inner curve, being careful not to cut into the stitch line.

EASE To sew a longer edge to a shorter edge, resulting in slight fullness. First, stitch two parallel rows using a long stitch length. Next, leave long thread tails: tug to adjust length of longer edge before sewing.

EDGESTITCH Adding a second row of stitches close to the seam line on the right side of the fabric. This is done very close to the stitches of the seam line and on the right side of the fabric.

FINISH SEAM There are many ways to finish a seam or raw edge to get a neat look and prevent fraying. For sturdy fabrics, just trim seams with pinking shears. For lighter fabrics, use a zigzag stitch along the seam. Other methods of finishing include turned-under seams, bound edges, and serged edges.

GATHER To sew a longer edge to a shorter edge, resulting in significant fullness. Use a long stitch length and stitch two rows parallel to each other. Next, leave long thread tails: tug to adjust length of longer edge before sewing.

GRADE SEAM Reducing the bulk in seams that are pressed in a single direction. After the seam is sewn, trim the seam allowance in half. Then, identify which seam allowance will be laying against the fabric once it is pressed, and trim this one in half.

NOTCH The notches on a pattern help align the pattern pieces when you sew them together. Another type of notch is one that is added by the sewist when sewing an outside curved seam. These notches are added by cutting wedge shapes into the seam allowance at even intervals, being careful not to cut into the stitching.

RIGHT SIDE/ WRONG SIDE The right side of the fabric will show on a finished garment; the wrong side will be on the inside.

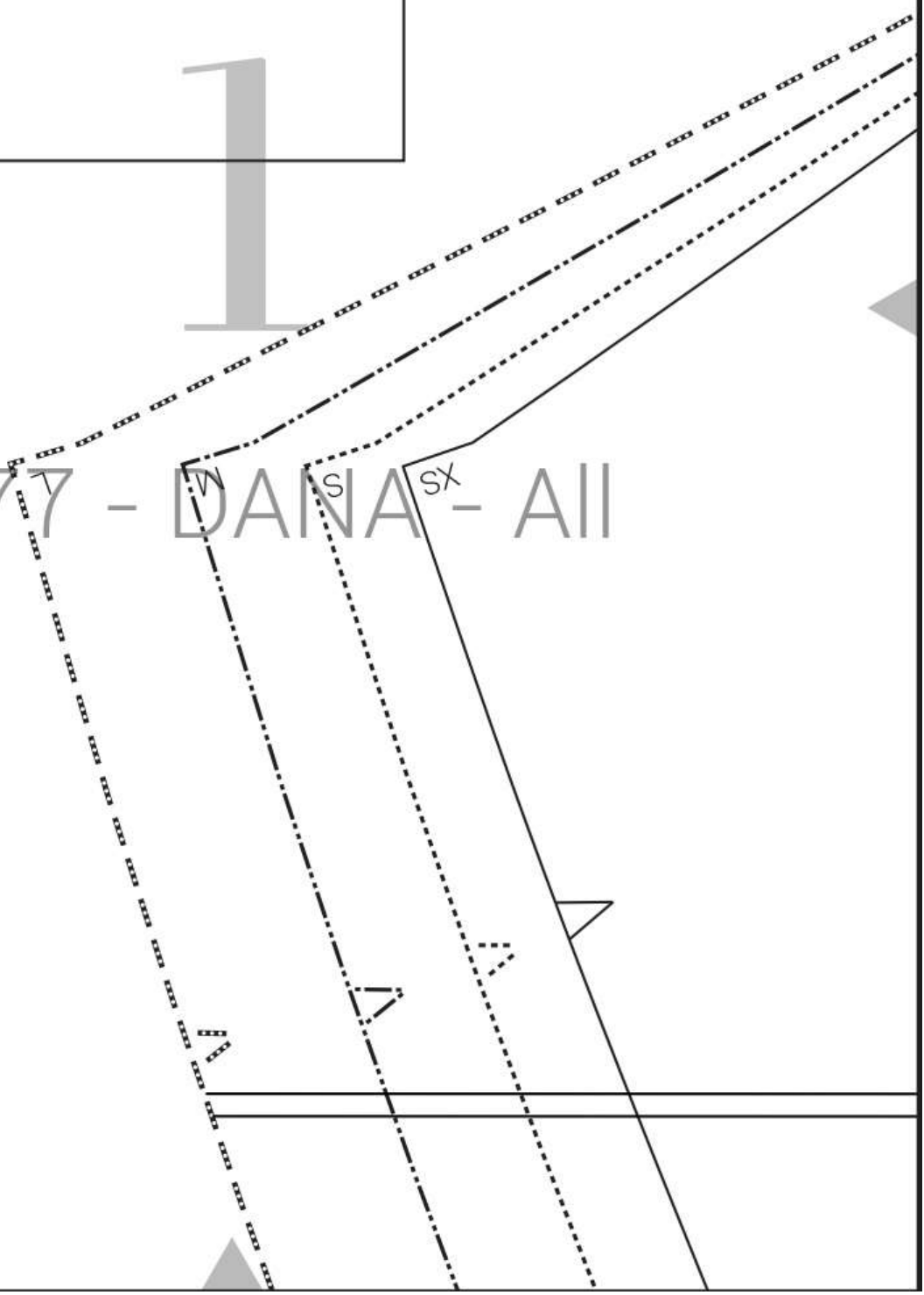
STAYSTITCH Stitching that stabilizes a piece of fabric before it is sewn to prevent the edge from being stretched or distorted.

TOPSTITCH Stitching on the outside of a garment that is parallel to, and a scant 1/4-inch from, the seam. Sew through fabric and seam allowance after pressing to help the seam lay flat. Similar to edgestitching, but more noticeable.

UNDERSTITCH Stitching that helps seams lie flat and prevents facings and linings from rolling to the outside of the garment. Press the seam towards your facing, then stitch the facing to the seam, very close to the seam line.

Test Square

4 inches by 4 inches



lengthen or shorten here

Seamwork

3077 - Dana

Edition 1.0

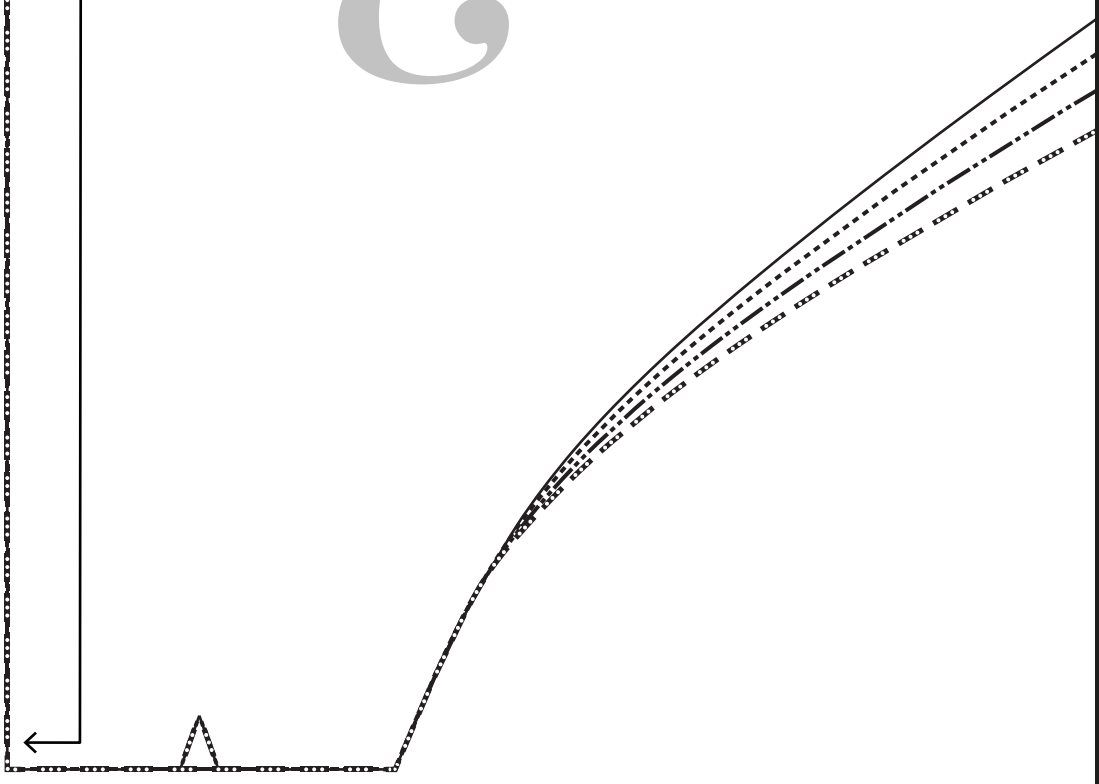
D

Panty Back

Sizes XS - L

Main Fabric: Cut 1 on fold

place on fold of fabric



Seamwork

3077 - Dana

Edition 1.0

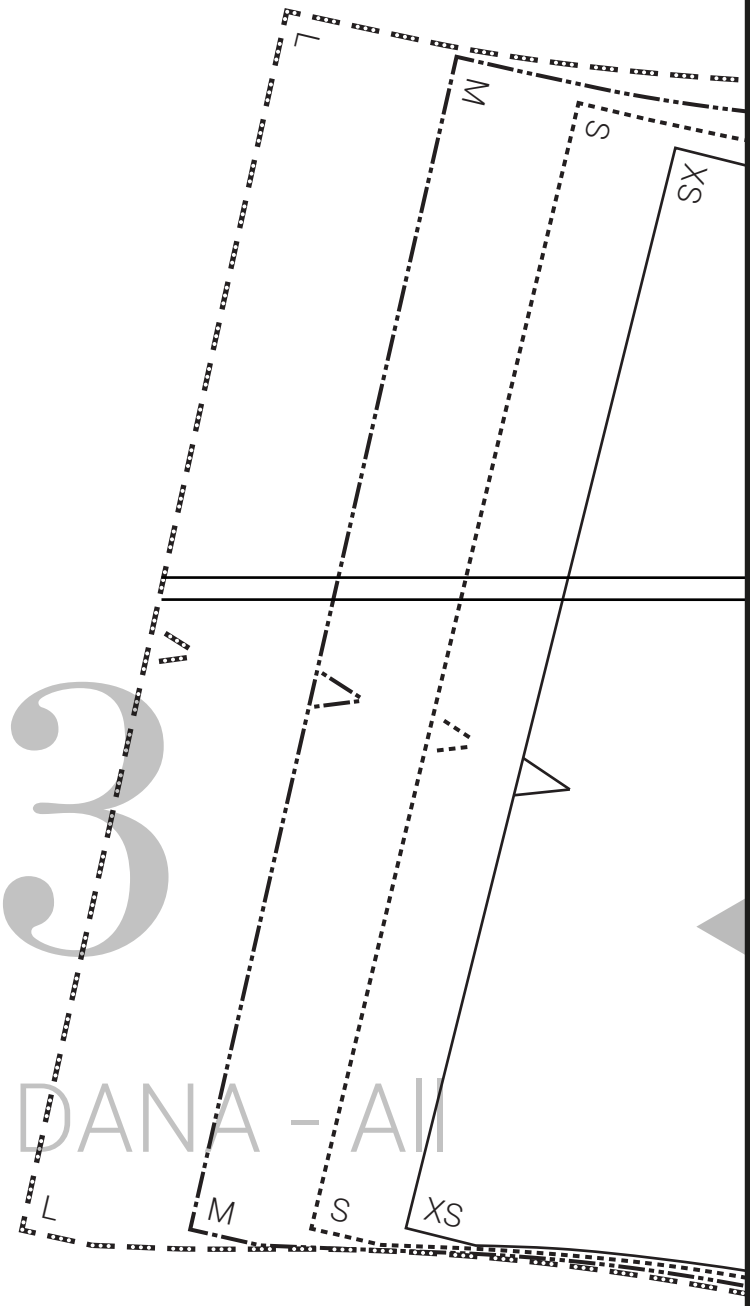
E

Gusset

Sizes XS - L

Main Fabric: Cut 1 on fold

place on fold of fabric



3

3077 - DANA - All

L

M

S

XS

lengthen or shorten here

Seamwork

3077 - Dana

Edition 1.0

C

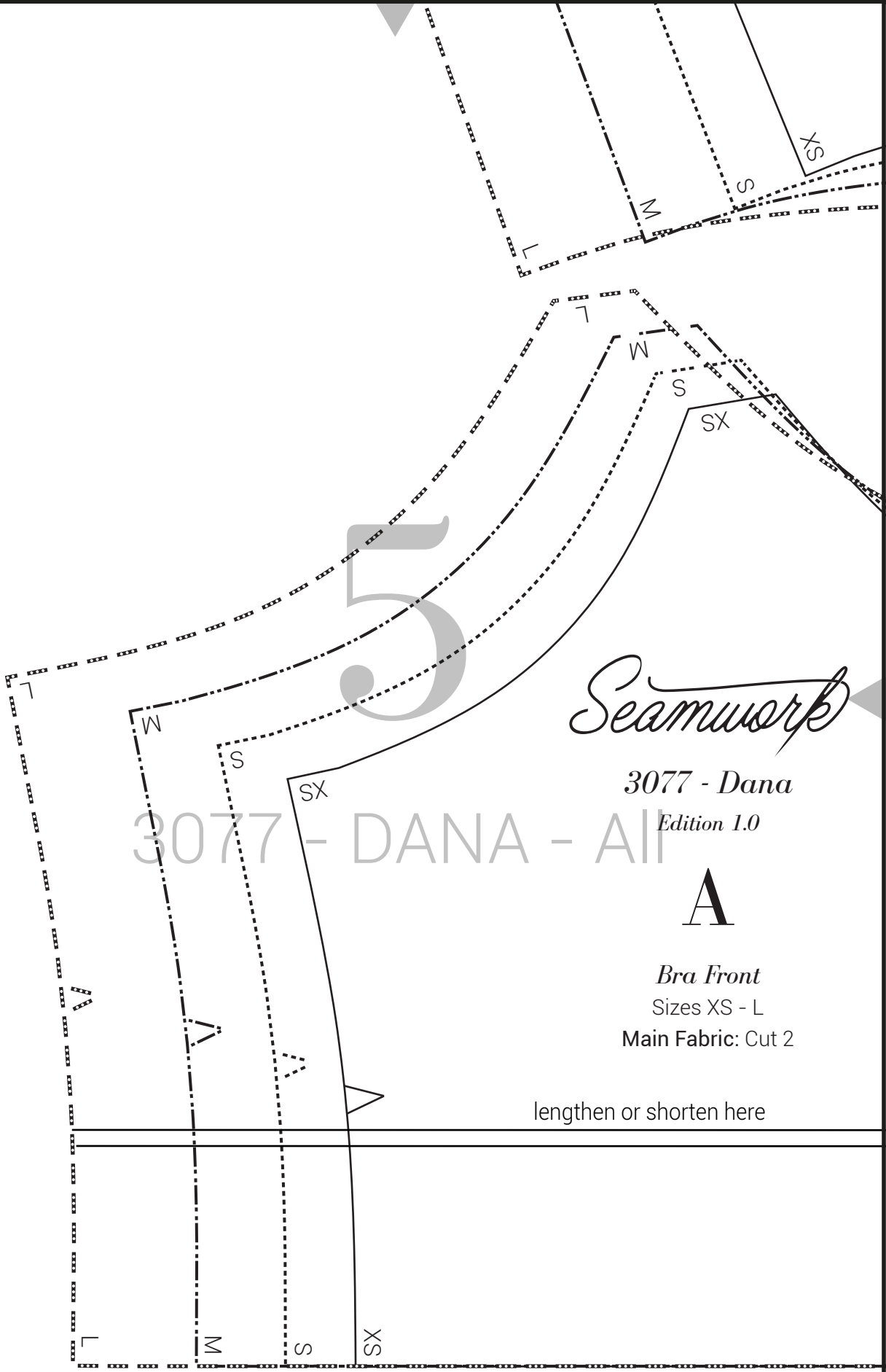
3077 - DANA - All

Panty Front

Sizes XS - L

Main Fabric: Cut 1 on fold

place on fold of fabric



Seamwork

3077 - Dana

Edition 1.0

A

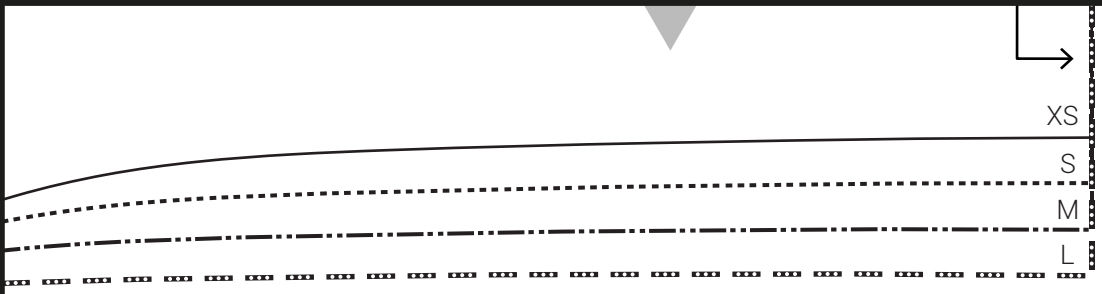
Bra Front

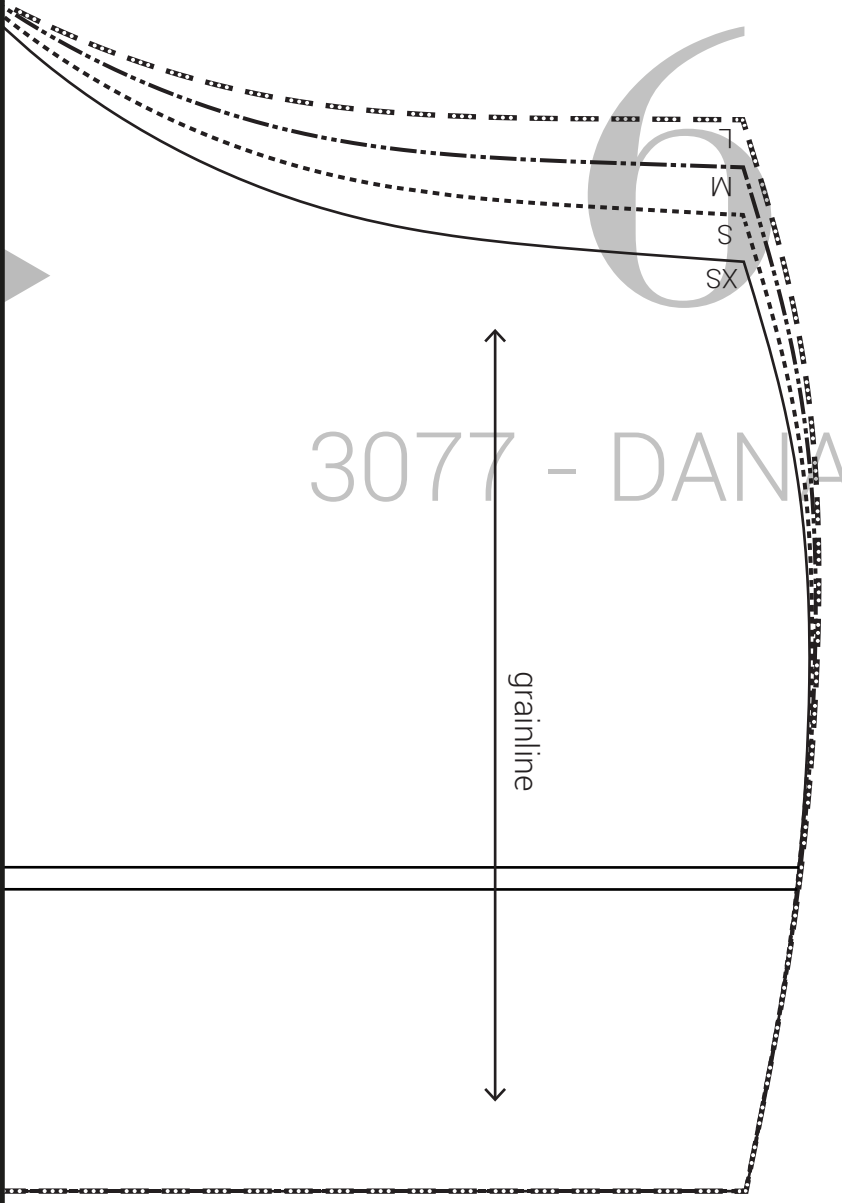
Sizes XS - L

Main Fabric: Cut 2

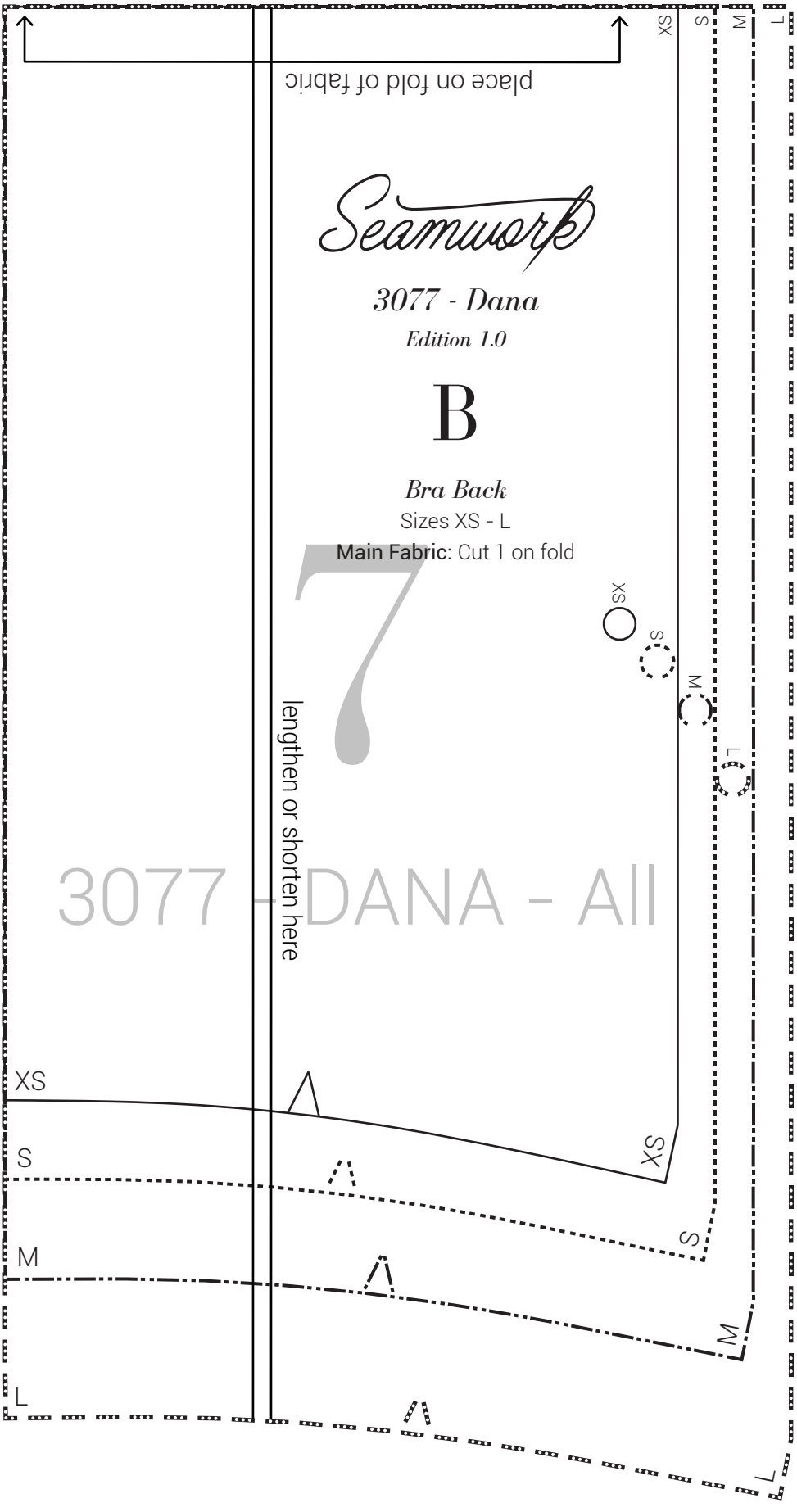
5

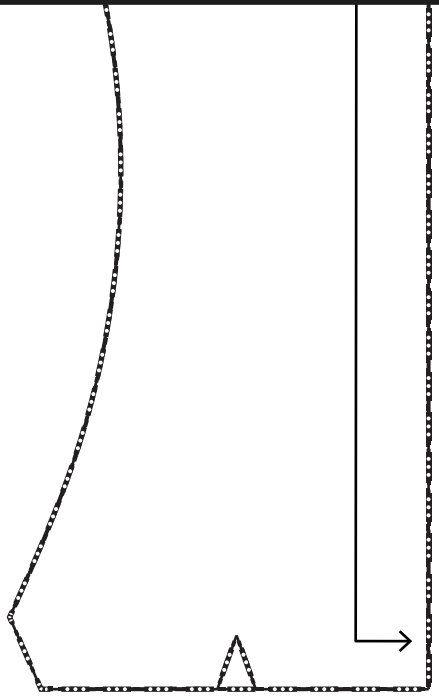
3077 – DANA – All





3077 - DANA - All


place on fold of fabric
Seamwork
3077 - Dana
Edition 1.0
B
Bra Back
Sizes XS - L
Main Fabric: Cut 1 on fold
7
lengthen or shorten here
3077 - DANA - All
XS
S
M
L



8

3077 - DANA - All

Key

XS

S

M

L